

Classification

Antihistamine

Prehospital Indications

Allergic Reaction: itching and/or hives
Dystonic Reaction

Other Common Indications

Over-the-counter sleep aid, prevention or treatment of motion sickness, nausea and vomiting
Mild Parkinson's disease
Prevention of extrapyramidal symptoms in patients on antipsychotic medications

Adult Dose

50mg slow IV push or **50mg IM**, may repeat in 15 min x1, total maximum dose 100mg

Pediatric Dose

1mg/kg slow IV push one time, dose per [MCG 1309](#), if unable to obtain venous access **1mg/kg deep IM**, dose per [MCG 1309](#)

Mechanism of Action

Histamine H1- receptor antagonist of effector cells in respiratory tract, blood vessels, and GI smooth muscle. Possesses anticholinergic properties, resulting in antidyskinetic properties.

Pharmacokinetics

Onset is 15-30 min, duration is < 10 min

Contraindications

Acute asthma attack

Interactions

Increase central nervous system depression when used with alcohol and other central nervous system depressants, or MAO inhibitors

Adverse Effects

Confusion
Drowsiness
Mild hypotension
Palpitation
Paradoxical excitement in children
Tachycardia
Wheezing

Prehospital Considerations

- Administer injection deep IM into a large muscle group (lateral thigh, gluteus).
- Diphenhydramine (Benadryl) does not treat anaphylaxis/airway edema; if signs of anaphylaxis present, administer epinephrine IM
- Use with caution in elderly as they have increased adverse effects such as confusion, drowsiness
- Use with caution on all patients with a history of asthma.
- May cause paradoxical agitation in pediatric patients.